

of the 18th and early-19th centuries, Essex was known as a world-class shipbuilding center. In fact, the first ship commissioned by the U.S. Navy in 1775, the *Oliver Cromwell*, was built in Essex and provided to our fledgling Government by the State of Connecticut. In addition to building the ships which were the lifeline of commerce in the 1700's and 1800's, Essex was an important commercial port for trade throughout the world, especially between the eastern United States and the islands of the Caribbean. The village of Ivoryton was so named because Essex was home to one of the leading manufacturers of piano keys. Manufacturers in Essex also helped to pioneer commercial production of witch hazel and the community remains home to one of the world's largest distillers of this product.

Mr. Speaker, it is obvious to this Member why Essex has been ranked No. 1. The community has something to offer to everyone. Families can take advantage of first-rate public schools, affordable housing, and local employment opportunities. Lying on the banks of the lower Connecticut River, Essex boasts tidal flats and marshes, coves and inlets which provide valuable habitat for many species of fish, wildlife and birds. Visitors can enjoy leisurely rides on the Connecticut Valley Railroad, affectionately known by locals as the Essex Steamtrain, and conclude their day with a great meal at the historic Griswold Inn, which has been serving visitors for more than 200 years.

During the course of writing his book, Mr. Crampton interviewed citizens in communities around the Nation. His conversations with those in Essex highlighted another characteristic which makes this community special—the volunteer spirit of its residents. Until recently, virtually every local official served without pay and many continue to do so today. Fires are fought by volunteers, school playgrounds are built by parents, and elections are monitored by civic-minded citizens who never receive a penny for their dedication to their community. Mr. Richard Gamble summed up the contribution of Essex's residents by saying "we're unusually blessed by people who are not only capable, but willing to spend the time."

Mr. Speaker, I am proud to join residents from Essex in celebrating this much deserved honor. Parochially, I believe every small town across the Second Congressional District could qualify for the No. 1 spot. However, today we celebrate the achievements of this community and welcome people from across the country to come join us in America's No. 1 Small Town—Essex.

PERSONAL EXPLANATION

HON. TILLIE K. FOWLER

OF FLORIDA

IN THE HOUSE OF REPRESENTATIVES

Wednesday, December 6, 1995

Mrs. FOWLER. Mr. Speaker, due to a death in the family, I was not present for rollcall vote No. 837. Had I been present I would have voted "yes" on H.R. 2684.

PERSONAL EXPLANATION

HON. ENID G. WALDHOLTZ

OF UTAH

IN THE HOUSE OF REPRESENTATIVES

Wednesday, December 6, 1995

Mrs. WALDHOLTZ. Mr. Speaker, on Rollcall No. 837 I was unavoidably detained and I was unable to cast my vote. Had I been present, I would have voted "yea."

Mr. Speaker, I strongly support the Senior Citizens Right to Work Act of 1995. This bill removes the penalty for seniors who choose to work in their later years by raising the Social Security earnings limit. Under current law, seniors lose \$1 in Social Security benefits for every \$3 they earn above \$11,280. When you add FICA and Federal income taxes, seniors are hit with a tax rate of over 55 percent, a higher rate than millionaires pay. This bill removes that penalty by safeguarding Social Security benefits of seniors earning up to \$30,000, rewarding—rather than punishing—working seniors.

THE BALANCED BUDGET ACT OF 1995 IS GOOD FOR CALIFORNIA

HON. RON PACKARD

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

Wednesday, December 6, 1995

Mr. PACKARD. Mr. Speaker, as Congress and the President are mired in budget negotiations, it is a good time to reflect on why a balanced budget by 2002 is so important. The national debt as of Monday was \$4,988,891,675,281.12. This figure is outrageous. It is why my Republican colleagues and I are fighting so hard for a balanced budget and why time is of the essence. Our children should not be saddled with this overwhelming financial burden.

Passing the Balanced Budget Act now is not only good for the country, it is good for California. The people of California will save \$262 per household per year on the State and local government debt, \$4,757 per year on an average fixed-rate mortgage, and \$858 on the average 10-year student loan. These are real benefits for the hard-working people of California.

Mr. Speaker, agreement on a balanced budget will ensure that the current and future generations of California will enjoy lower taxes, cheaper loans, and lower mortgages. A budget stalemate will deny Californians, and all Americans, the future they deserve.

TRIBUTE TO DR. JOHN HOWARD COLES III

HON. BOB CLEMENT

OF TENNESSEE

IN THE HOUSE OF REPRESENTATIVES

Wednesday, December 6, 1995

Mr. CLEMENT. Mr. Speaker, on December 31, 1994, Dr. John Howard Coles III, a constituent of mine, retired after a long and distinguished medical career.

Dr. Coles has unselfishly devoted his entire life to the healing of others, investing countless hours in the operating room, by his pa-

tients' bedsides or on the telephone late at night discussing a sick patient's symptoms.

Dr. Coles is from the old school of medicine, where care and genuine concern were always part of the prescription, and nothing was too minor for his attention. In an era where big business has spread to the medical industry, Dr. Coles' office was a sanctuary for his patients because they always knew they could find someone who truly cared about them, not only about their physical well-being, but their emotional well-being and the health of their families as well. He knew their children's names, vacation plans and desires for the future.

I will never forget the warmth and concern Dr. Coles showed for my welfare when I was a freshman on the Hillsboro High School football team. Dr. Coles put stitches in my chin and left me with a lasting, wonderful impression of his superior bedside manner and conscientious attention to detail. You knew that when Dr. Coles was taking care of you, you were in the best of hands. He personalized every relationship and truly made you feel as if you alone were his No. 1 priority.

The announcement of his retirement prompted a letter to the editor in The Tennessean from patient Sara Roop, and I'd like to take a moment to read a portion of that letter because I believe she has accurately captured the essence of Dr. John Coles.

For over 20 years, Dr. Coles has responded to my calls, some frantic with concern over a sick child, some simply seeking advice or reassurance. The ailment was never too minor, the question too foolish, nor the time consumed too excessive.

Just talking with Dr. Coles was good medicine. He would always dispense appropriate doses of advice, medication, treatment and kindness. Then he would send us home with the directive, "Call me any time, day or night."

What has impressed me most about John Coles is his genuine compassion—a rare commodity, even in the medical profession. "I'm sorry" was a much-used phrase. He was truly sorry when my son or daughter was ill, when I struggled physically and emotionally with breast cancer.

I am sure Dr. Coles is unaware he has shared so many of these wonderful gifts with my family and so many other grateful patients. Giving wasn't something he did; it was something he was.

Dr. Coles was born in Nashville on Sept. 29, 1927, and graduated from Vanderbilt University and Vanderbilt University Medical School. He served a rotating internship at Baltimore City Hospital in 1951–52, delivering 105 babies in a 60-day period. He continued at Baltimore with a surgical residency through 1955, taking a little time out to marry.

After serving an Oncology Fellowship at Vanderbilt University Medical Center in 1955–56, he served as a captain and base surgeon at Chenault Air Force Base in 1957–59.

In 1959, he established his private practice in general surgery and general practice, which he continued until his recent retirement. In addition to his regular medical duties, he also served as school physician for David Lipscomb College from 1968–82 and as a team physician for Hillsboro High School from 1960–73. He has held surgical privileges at Baptist Hospital, St. Thomas Hospital and Nashville General Hospital.

He has been a physician and surgical consultant to such local companies at South